

A Game Plan for You



Your Game Plan Instruction Book

This is a way for you to put your thoughts and ideas about the future into one place, a game plan for you. The best way to complete it is to sit down with your family and friends and work through the questions together.

When you meet together:

- Keeps things positive
- Take turns talking
- Respect everyone's right to choose not to talk
- Listen to one another, and ask questions only to clarify
- Be respectful of each other's ideas and information
- Support one another
- If someone becomes uncomfortable or upset, offer to meet again at a later time
- Set a date and time to talk again about how the plan is working and how it might need to be changed
- End the meeting with a positive summary of what you talked about

How to Use the Guides and Checklists

You can complete the planning guide or checklist in this section online:

Click in the text box next to the question and type in your answer; OR

Click in the box in front of a statement or question.

The completed guide or checklist can be printed out.

You can also save or update your answers; you **MUST** save the file to your computer to save or update.

Go to the last page for complete directions.

Who's on your team?

Who are the people that you count on for support when you need it?

Who are the people you are close to? in your family? at work? neighbors and friends? These will be people you can talk to along the way, people who can provide support to you when you need it.

Where have you been?

What are some of the things that have happened in your life that really made a difference? Things that you really remember like they were yesterday. Some of the good times and the bad times. Your list could include: things about your family; a favorite teacher or a favorite time in school; friends and relatives who are important to you; or learning about something new.

Where are you now?

What are some of the words that describe your life right now? Fun? Hard work? Happy? Where are you living? Where are you working? What do you do for fun? What kinds of support do you need each day? Who helps support you?

What would help most right now?

Looking at the *Where you are going?* section, what kind of information or support do you need to move towards your future. What do you need to do or know more about in order for your plan to be successful?

This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

What might get in the way?

It's important to try to figure out some of the things that might get in the way of your plan. If you catch them fast enough, you can get rid of them before they create a mess. This list might be about money, or more information that you need, or someone who is not on your team. After working on this part, you might think of other things to put on your list of *What would help most right now?*

[illegible]

What are some first actions?

What could you do to get the most help right now, to move towards where you want to go and get rid of what might be in the way?
Do you need to make an appointment with your service coordinator, look at local work services, find a new place to live?

Who could help?

Are there people who are not on your team who could help support your game plan? These might be people with information you need or people in the community who can help you make new connections. List them here!

How will you know if you've been successful?

In three to five years, what are some signs that you've been successful in meeting the goals of your game plan? Are you living in a place of your own? Do you have a new job? Have you joined a new club? List some other ideas that will mean success for you!

[illegible]

**Put it all
together!
It's your
game plan!**

How to Save or Update Your Responses

To save your responses, make sure you have **saved this file** to your computer:

1. Click on **"Save or Update My Responses"**
2. You can also click the **"Save"** icon on the tool bar, or **"Save a Copy..."** in the file menu, to save a copy of this file with your name included.
3. When you close this file, be sure you click **"OK"** when you are asked if you want to save.

To clear all responses and start over, click **"Clear Responses"**.